

Positive Pulse

Your monthly dose of advice on healthy living

August 2019

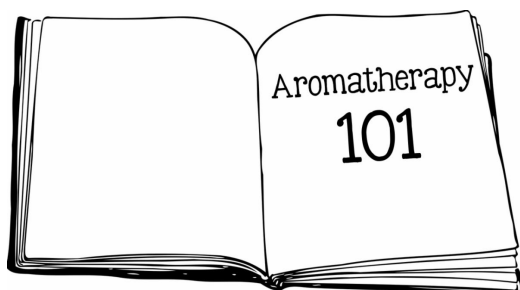
Aromatherapy & Essential Oils



We're back this August with some more tips on healthy living, this time our focus is on making sense of scents through aromatherapy and use of essential oils.

- Aromatherapy has a long history and continues to be beneficial to those who practice today.
- There are many types of essential oil with different properties; it's important to know what to use and when.

- There are various ways of utilizing essential oils including through inhalation and topical use with each having their own benefits.



The Basics

What Is It?

- Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being.
- Sometimes it's called essential oil therapy.
- Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit.
- It enhances both physical and emotional health.

Is It A Recent Invention?

- Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.
- The term "aromatherapy" was coined by a French perfumer and chemist René-Maurice Gattefossé in a book he wrote on the topic that was published in 1937. He had previously discovered the healing potential of lavender in treating burns. The book discusses the use of essential oils in treating medical conditions.

Aromatherapy Benefits Include...

- Managing pain.
- Improving sleep quality.
- Reducing stress, agitation, and anxiety.
- Soothing sore joints.
- Treating headaches and migraines.
- Easing discomforts of labor.
- Fighting bacteria, viruses, or fungi.
- Improving digestion.
- Improving hospice and palliative care.
- Boosting immunity.

How Does It Work?

- Aromatherapy works through the sense of smell and skin absorption using products such as these:
 - Diffusers
 - Aromatic Spritzers
 - Inhalers
 - Bathing salts
 - Body oils, Creams, or Lotions For Topical Application
 - Facial Steamers
 - Hot and Cold Compresses
 - Clay Masks

Types of Essential Oils



Most Popular Essential Oils

- Each essential oil comes with its own therapeutic benefits. With so many essential oils available, it is sometimes difficult to learn which oil is best for your specific needs.

Chamomile

- Chamomile, widely known for its soothing characteristics (particularly in tea), is extracted as an essential oil from the leaves of the flowering plant of the same name. There are two types of Chamomile plants, the Roman Chamomile and German Chamomile. The aromatherapy oil can be extracted from both varieties, but healing properties are slightly different.
- Extraction and Application: Chamomile oil is extracted from the flowering leaves via steam distillation. Both varieties of Chamomile can be blended with massage oils, used in steam or vapor therapy or mixed with lotions and creams. The Roman variety of Chamomile can also be used in mouthwash as an analgesic.
- Aromatherapy Uses: Many of the following properties are consistent in both Roman and German Chamomile, unless noted otherwise. Chamomile is a powerful calming agent, as well as antibiotic, antiseptic, antidepressant and overall mood lifter. The German variety is often better suited to battle inflammation, specifically urinary tract and digestive inflammation. Both also have analgesic properties and can help to eliminate acne.
- **Caution: Avoid during pregnancy and if allergies to Ragweed are present.**

Lavender

- Lavender is one of the most popular essential oils on the market and for good reason. It smells great and is an effective stress-relieving oil. In addition to stress-relieving properties, Lavender is a healing aid against colds, flu and migraine.
- Aromatherapy Uses: In addition to stress-relief, Lavender has the following therapeutic properties: antiseptic, antidepressant, anti-inflammatory decongestant, deodorant, diuretic and sedative.
- **Caution: Discontinue use if you suffer an allergic reaction when using Lavender.**

Lemon

- It comes as no surprise that lemon is a favorite essential oil. Lemon is widely appreciated for its clean smell, but has numerous therapeutic qualities as well. It improves concentration, aids in digestion and eases symptoms of acne and arthritis.
- Aromatherapy Uses: Lemon oil is a multifaceted essential oil. It helps with everything from skin irritation to digestion to circulation problems. It is a natural immunity booster and can even help reduce cellulite! Lemon oil helps to alleviate headaches and fever, and is a quick mood enhancer.
- **Caution: While lemon oil isn't toxic, it can cause allergic reactions such as rash. It's not wise to use lemon oil in the sun.**

Marjoram

- One of this essential oil's therapeutic properties is to calm hyperactivity and

relieve anxiety. Marjoram was a popular plant used by the Greeks in medicines and also helps with digestion issues such as constipation and cramps.

- Aromatherapy Uses: Marjoram aids in anxiety and stress relief, combats fatigue and depression and alleviates respiratory and circulatory issues.
- **Caution:** Although it is non-toxic, Marjoram is not recommended while pregnant.

Patchouli

- A widely known essential oil, Patchouli is often associated with earthy types who are thought to use it for its mood-lifting properties. Patchouli comes from the plant Pogostemon cablin and actually has powerful skincare properties.
- Aromatherapy Uses: Patchouli serves as a powerful skin care agent; it even promotes skin cell growth when applied directly to the skin. Patchouli helps to relieve anxiety, depression, fatigue, curb addiction, reduce cellulite and bloating.
- **Caution:** Although non-toxic, it's best to use Patchouli in small doses given its strength.

Peppermint

- All you need is a whiff of peppermint to put the pep back in your step. Peppermint has a cooling, refreshing effect and is widely used to enhance mental alertness. Peppermint is a perennial herb that boasts natural energy-boosting properties.
- Aromatherapy Uses: Peppermint oil has a number of therapeutic properties. It is a cooling agent that enhances mood, sharpens focus, combats irritation and redness, alleviates symptoms of congestion, and aids in digestion.
- **Caution:** Although non-toxic, the menthol component in Peppermint can bother some individuals. It is also a skin irritant and should be kept away from the eyes. Keep away from small children and do not use while pregnant.

Rose

- Women should keep Rose oil handy as it's a powerful aromatherapy treatment for issues targeted mainly at females. Roses are some of the first plants to be distilled for their essential oil. Rose oil is pricier than other aromatherapy oils given the number of roses necessary to distill it.
- Aromatherapy Uses: Rose oil is an ideal essential oil to have on hand. It helps with a number of illnesses and conditions, such as depression, anxiety and digestion issues. It also helps with circulation, heart problems and respiratory conditions like asthma. It is a protector of the heart and is also good for your skin.
- **Caution:** Avoid during pregnancy.

Tea Tree

- If you have but just one essential oil in your possession, it should be Tea Tree oil. Tea Tree oil is one of the most popular and effective essential oils for aromatherapy use. It is widely known to boost the immune system and fight infections.
- Aromatherapy Uses: Tea Tree's healing properties are abundant. Not only is it a natural immune booster, but it also fights all three kinds of infection. It works to heal skin conditions, burns and cuts, and also works as an insecticide. In addition, it helps to soothe and treat cold sores, respiratory conditions, muscle aches, the flu, Athlete's foot and dandruff. Its uses are vast and its healing power is quick.
- **Caution:** Tea Tree oil is not toxic, but avoid using it internally or around the eyes and nose. It is also not recommended for serious cuts.

SOURCE: https://www.aromatherapy.com/most_popular.html

Ways to Use Essential Oils



Inhalation

- **Use a diffuser.** This device is a helpful way to easily infuse any setting with the scent of your choice. Diffusers operate differently—some involve water, some involve heat—so be sure to follow the directions, including how much essential oil to use.
- If you're feeling anxious, the citrusy scent of bergamot can help lower your stress levels. Or try rosemary in the diffuser to help sharpen your focus.
- **Consider a dry evaporation.** Place 2-4 drops of essential oil on a cotton ball or tissue and let it sit in a bowl near you.
 - Energizing peppermint might be the perfect choice in your home office.
- **Create a steam treatment.** This method is specifically helpful for soothing congestion, respiratory and sinus infections or allergy troubles. Place 3-7 drops of essential oil into a bowl of hot water, put your face over the water and a towel over your head to trap in the steam. Keep your eyes closed as you inhale the vaporized oil through your nose.
 - Eucalyptus or lemon essential oils can work well in steam form with their cleansing and anti-inflammatory benefits.
- **Make a bottled spray.** Creating a spritz or spray with essential oils can deodorize a room, set a mood or transform a space into an aromatherapy session. Put a total of 10-15 drops of your favorite essential oil (or a combination of 1-3 essential oils) and one ounce of water into a spray bottle and shake. Spray liberally in your bedroom, bathroom or wherever you desire. You can also mist it lightly on your sheets or pillowcases.
 - A combination of lavender, rose and clary sage essential oils creates a stress-relieving spray.

Topical Use

- **Drop it into a bath.** While a bathing ritual itself can be a self-soothing treatment, adding essential oils can further benefit you. Combine up to 12 drops of your essential oil of choice with one teaspoon of whole milk, vegetable oil or honey and then add to the water just before you step in.
 - Lavender is known for its soothing, relaxing benefits. Experience its scent in a soak before bedtime if you suffer from insomnia.
- **Apply it to your skin during a massage.** Your body becomes the diffuser here as it heats up the essential oil and releases its scent into the air. The first step is mixing it with a carrier oil, like grapeseed oil or sweet almond oil. When combining, use 20 drops of essential oil for every ounce of carrier. If you'd rather use water instead of a carrier oil, be sure to shake the mixture well right before applying it to your skin.
 - Lavender or patchouli essential oils are great options when creating a calming massage oil.
- **Add it to your body or face lotion.** This is another method where the heat of your skin helps diffuse the essential oil, allowing you to inhale its fragrance. Add about 6-15 drops (halve this measurement if you have sensitive skin) of oil to one ounce of unscented body or face lotion and stir thoroughly before applying.
 - Using sandalwood oil in your lotion can help release tension while tea tree may be your essential oil of choice if you need to calm your mind.

Storing Your Essential Oils

- Most essential oils will last up to a year when you store them in a cool, dark place.
- Toss them if they have lost their odor or turn thick and cloudy.

SOURCE: <https://www.canyonranch.com/blog/health/at-home-aromatherapy-how-to-use-essential-oils/>

Let's Stay Healthy!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



Don't see what you're looking for? We'll make it for you!
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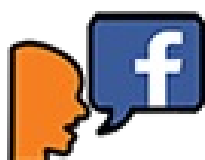
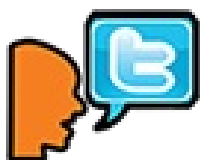


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